# morale, well are & recreation

What's Happening

- Monster Bingo p.2
- Valentine's Day Dinner and Dance p.6
- Fear Factor p.11
- Mardi Gras p.17

OKOSUKA JAPAN



# Want a GREAT summer job? Be a Lifeguard with MWR!

Every Saturday from February 28 thru March 27 and April 5 - 9 (during Spring Break!)

The cost of the sessions is just \$100 and is fully refundable if you come to work for MWR this summer! You will be fully certified in American Red Cross Lifesaving and your credentials can be used anywhere in the US and all US Military bases worldwide. You must be 15 years of age and meet minimum swimming skills test. For more information please contact Carol Poole at 243-6410.

Directory		
MWR Director	John Kinnamon	243-7250
Support Services		
Admin Officer	Eric Clemente	243-7250
MWR Computer Support	Glen Samson	243-5662
Personnel Manager	Tess Arellano	243-1246
Financial Manager	Maria Custodio	243-5886
Facilities Maintenance Manager	Harold Grant	243-5729
Marketing Director	Ron Carson	243-5414
Salety Manager	Terry Milner	243-4079
Central Warehouse Manager	Max Goodlow	243-5047
Child Development Programs		
GDP Administrator	Kathryn Hardebeck	243-9189
Assistant CDP Administrator	Laura Calara	243-4470
Child Development Homes Director	Isabela Balanag	243-5478
CDC Hourly Care Director	Violeta Dela Rosa	241-4401
Ikego CDC Director	Mary Jean Garda	246-8060
Negiahi CDC POC	Oris Herrera	242-4316
Community Activities	Mark Brown	044 0000
Community Activities Director	Mark Richards	241-2209
Community Center Manager	Cedile Flores	241-4110
Negishi Community Center Manager	Tommie Daniels	242-4120
Teen/Open Recreation Coordinator	Geoff Phinehart	241-4100
SAC Program Coordinator	Chris Kasparek	243-3439
Yokosuka Youth/SAC Program Manager	Luz Medina	243-5492
Auto Hobby Shop Manager	Duane Ketcham	243-5456
Wood Hobby Shop Manager	Dan Ainscoe Jackie Sato	243-9064
Hobby Mart Manager	0.0000000000000000000000000000000000000	243-4200
Bowling Center Manager  Youth Proofs Manager	Sam Long Stores Madesbook	241-2941
Youth Sports Manager Youth Davidsonant Specialist	Steven Marksberry Berbara Smith	241-2209
Youth Development Specialist		246-8071
Ikego Community Activities Manager Librarian	Robin Murphy Kevin Jones	243-5574
Veterinary Services	Capt. Claire Cornelius	243-8862
	Capi. Cialle Corrienus	243-0002
Club Operations	Non-tree	040 7040
Club Operations Director	Nette Hoot	243-7316
Officers' Club Manager	Ben Ruelas	243-5030
Catering Manager	Yasunori Suzuki	243-5788
CPO Club Manager	Ken Johnson	243-5606
Club Aliance Manager	Stan Klimaszewski	243-5961
Sesside All Hands Club Manager	Jeff Polangin	243-5625
Ikego All Hands Club Manager	Godfrey Johnson	246-8075
Negishi All Hands Club Manager	Fred Garda	242-4151
MWR Food Court	Lota Ballancio	243-3245
Recreation		
Recreation Director	Leah Dilingham	241-4431
Athletics Director	Kyle Rhodus	241-2941
Sports Director	Jessie Ecklund	243-5783
Thew Gym/Skateland Manager	George Williams	243-5398
Fleet Gym Manager	Mac McCormick	243-5304
Wellness Center Manager	Erin Haggard	241-4488
Aquatics Director	Carol Poole	243-6410
Entertainment Director	Earl Murray	243-5215
Theaters Manager	Gregg Hooper	243-5406
ITT Manager	Ruriko Peters	243-5613
Fleet Recreation Coordinator	Craig Stevens	243-7284
Single Sallor Program Manager	LaVonne Lessard	243-7284
Outdoor Recreation Manager	Lynn Zwaagstra	241-3708
Outdoor Gear Issue Manager	Ken Morgan	243-5732
Sailing Center Manager	Dennis Lindemann	243-4155

International Programs Manager

John Saito

243-4731

## Contents

Officers' Club	4
CPO Club	4
Seaside Club	5
Negishi Club	6
Club Takemiya	6
Weekly Dining Events	7
Libraries	8
Youth & Teen Activities	9
Community Activities	10 & 11
Information, Tours & Ticketing	12
Single Sailor Program	13
Outdoor Recreation	14 & 15
International Programs	16
Wellness Center	16
Adult Sports	16
Aquatics	17
Green Bay Marina	17
Child Development Program	18
Hours of Operation	19

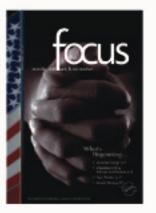
#### Contact

The Marketing Division of the Morale, Welfare & Recreation Department of Commander, Fleet Activities Yokosuka, Japan publishes Focus Magazine. Its purpose is to inform the community of MWR leisure & recreational activities available on and off base.

Tel: 243-5414 / 1254 Email: C605@ CFAY.NAVY.MIL Commercial: 011-81-6160-43-5414 Commander, Fleet Activities, Yokosuka MWR Marketing Department PSC 473 Box 60 Code 605 FPO AP 96349 - 0060 CFAY Building # 1559, Room # 219

## Designers

Graphics Manager: Tom Kiper Cover Design: Amy Seals Cover Photo: John Sullivan Editor: John Sullivan Graphic Artists: Liesl Almeria, Caleb Kinney, Mary Mateo.





# Kosano Dining Room

Ala Carte at 20% off regular price Sundays Mondays Ala Carte at 20% off regular price Tuesdays

February 3 & 17 Shrimp Tempura Special \$10.95 and Ala Carte Menu

February 10 & 24 Mongolian BBQ \$0.55oz

Chicken & Rib Special (\$9.95) and Ala Carte Wednesdays

Thursdays Fridays

2-for-1 Steak Night and Ala Carte

Ala Carte Prime Rib Buffet Saturdays

Adults \$13.95 Child 5 to 11 \$6.95



#### Sunday Brunch

#### From 0900 to 1330

Enjoy one of Yokosuka's best brunches with exiting new items every Sunday:

- · Belgian Waffle Station
- Fresh Pasta Station
- Omelet Station
- · Fresh Made Crepe Station
- · Bountiful Salad Bar
- Juice and Fruit
- · Ice Cream and Dessert
- Champagne
- and lots more!

#### Adults \$11.95 Children (4 to 11) \$5.95

Due to the popularity of the Brunch, it's recommended you make reservations to avoid delays in seating.

#### Special Events

#### Seafood Buffet

February 27 (last Friday of each month)

Don't miss our ever popular seafood buffet complete with Alaskan King Crab, shrimp, scallops, carved roast kalua pig, huge salad bar, and lots of desserts. Please make reservations in advance.

#### Celebrate Black History Month

February is Black History Month, come by and enjoy southern style lunches every Thursday during the month of February.

## Special Valentine's Gourmet Night

#### February 14

Our Executive Chef will prepare a six-course gourmet dinner that will certainly be a delight! Seating will be in groups of four, six or eight. The cost includes live entertainment, wine and champagne. Tickets are now on sale in the Main Cash Cage. Also, a special Ballroom Dancing competition will be featured with contestants from our own Yokosuka community.

\$35.00 per person

## CPO Club

#### Lunch

#### Monday through Friday from 1100 to 1330

Enjoy a sumptuous lunch buffet with a large variety of offerings including our Filipino special.

\$6.00

#### Dinner

Monday: Italian Night Tuesday: Wine and Prime Wednesday: Mongolian BBQ Thursday: Chinese Night Friday: Seafood Night

Saturday: Size it up Steak Night Sunday: Beef and Burgundy Night

#### Saturday Ala Carte Brunch

#### From 1000 to 1330

Waffles, omelets and other great breakfast items available.

#### Saturday Ala Carte Brunch

#### From 1000 to 1330

Waffles, omelets and other great breakfast items available.

#### Sunday Brunch

\$9.95

Join us for our elaborate Champagne brunch, featuring a choice of excellent entrées. An upscale menu, with made to order omelets, eggs benedict, French toast, pancakes, waffles and more.



#### President's Day Special

#### February 16

In recognition of President's Day we are offering a 2 for 1 on our Italian Night buffet. Two people eat for the price of one!

## Seaside



### February is Black History Month

In celebration, Seaside Club would like to prepare a special dinner buffet on February 20. In addition, we will have Motown music for your listening enjoyment.

Adults \$9.95, Children (11 and under) \$5.95

#### **Family Night Out**

#### February 6

Take your family out for dinner at the Harbor View Dining Room and get a 10% discount on your entire bill. Free Balloons for all children 11 and under. Family Night discount may not be combined with any other discounts and or special offers.

#### Pre-Valentines Day Dinner Special

#### February 13 from 1700 to 2100

Have an enjoyable dinner with your sweetheart at the Harbor View Dining Room. Dinner for two includes two tender rib eye steaks grilled to order, a trip to our salad bar and our dessert of the day. \$14.95

#### President's Day Special

#### February 16

Enjoy lunch or dinner in the Harbor View Dining Room and receive complimentary coffee and our dessert of the day.

#### Daily Philippine Special

Monday Chicken and Pork Adobo Paksiw Na Lechon Tuesday Wednesday Sinampalukang Manok Thursday Sinigang Na ribs

Friday Tortang Talong and Fried Fish

\*Philippine Special is not available on weekends and holidays

#### Wednesdays are International Nights

Visit the Harbor View Dining Room and try a variety of foods from cultures around the globe.

February 4 Filipino Night February 11 Southern Night February 18 Soul Food Night February 25 Korean Night

#### Mongolian Nights

#### Every Monday and Saturday

Choose from our selection of meats (chicken, spicy chicken, thin sliced pork or beef), fresh vegetables and assorted cooking sauces, served with Mongolian soup and steamed rice.

Make your own bowl for 55¢ per oz.

#### Barnacle Bill's Lounge Events

#### **Ladies Night Out** February 20

Enjoy our live entertainment for the night with your friends. From 1800 - 1900 all ladies will receive free non-alcoholic beverages. The first 20 ladies will also receive a complimentary long stem red rose.

## Friday Night Break Away

## Every Friday starting at 1600

Unwind after a long week of hard work in a relaxing atmosphere with your friends while you enjoy our 60" wide screen TV's and DJ's tunes. Free appetizers will be available.

#### Karaoke Sundays Featuring DJ Dave

If you can sing, or just think you can, stop by and join in on the fun! Sign-ups begin at 1800.

If you drink, please be responsible. Have the COA on duty call a cab for you or use the designated driver program.

#### Seaside Deli's Home Meal Deals

#### From 1100 to 1400 and 1700 to 2000. Only \$5.50 every day!



#### Monday

Chicken and Pork Adobo, Steamed Rice, Veggies of the Day, Dinner Roll, Dessert and a Medium Soda

#### Tuesday

Salisbury Steak, Steamed Rice, Mashed Potatoes, Side Salad, Dessert and a Medium Soda

Barbeque Spareribs, Steamed Rice, Corn on the Cob, Dinner Roll, Dessert and a Medium Soda

#### Thursday

Lasagna, Garlic Bread, Side Salad, Dinner Roll, Dessert and a Medium Soda

#### Friday

Fried Chicken, Steamed Rice, Veggies of the Day, Dinner Roll, Dessert and a Medium Soda

#### **Every Sunday**

Sunday Brunch from 0900 to 1400 Adults \$7.95 Children \$4.00

#### **Every Tuesday**

#### Mongolian BBQ starting at 1700

Guess the price of your Mongolian within 5¢ either way and receive your meal free. Come out and join us for good food and live entertainment

#### **Every Saturday**

#### Prime Rib Night

A favorite with all the Patrons

Negishi All Hands Club & Negishi MWR present:

## Valentine's Day Romance Dinner & Dance

#### February 14 from 1800 to 2100 \$45.00 per couple

Join us for a very special enchanting evening, delectable dinner and delightful dancing. Treat your Someone Special to an exceptional event. Tickets will be available at the Cashier's Cage beginning February 1.



- Chateaubriand for two
- Twice Baked Potato
   French Green Beans
   Fresh Tossed Green Salad
   Lemon Cream Cake
- Red Roses & a Box of

Starting some time after January 20, we will be doing renovations to the club. As a result, food specials, entertainment and hours may change. We regret any inconvenience this may cause.

## Club Takemiya

#### Lunch/Dinner Special

Marinated Pork Chops / Family Night Buffet Monday Adults \$8.95, Kids 11 & under \$4.95

Tuesday Grilled Chicken Burger / BBQ Spare Ribs Wednesday Fried Catfish / Steak Night \$1.00 Off All Steaks

Beef Bowl / Asian Food Night Thursday Friday Pasta Pepperoni / Seafood Neapolitan Saturday Fried Chicken/ Prime Rib Night

Sunday Brunch (1030 to 1330)

\$8.95 Adults, \$4.95 Kids 11 & under Mongolian BBQ (1700 to 2100) \$8.80 per pound (limited menu only)

#### Soup of the Day

Monday Chicken Noodle Tuesday Mandarin Wednesday Beef Minestrone Thursday Chinese Clam Chowder Friday Beef & Tomato Saturday

#### Family Night Buffet Themes

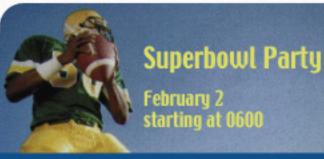
February 2 Thai Cuisine Spanish Cuisine February 9 February 16 German Cuisine February 23 Italian Cuisine

#### Asian Food Night Menu

February 5 Chicken Apritada Fish Tatsuta February 12 February 19 Sweet & Sour Pork February 26 Singapore Spicy Chicken

\*All specials & soups are subject to change without notice

#### Entertainment / Events



It's that time again. Watch the big game on a big screen TV. We'll have a Breakfast Buffet (\$3.95 per person), free football trivia and a free raffle, all with prize giveaways.

#### Yokosuka Jazz Band

#### February 7 & 21 from 1700 to 2100

Listen to the smooth sounds of live jazz in the Club Takemiya dining room, while you eat.

#### Valentine's Day

#### February 14

All ladies will receive a free rose and will be entered into a drawing for a special prize (eat-in customers only).

## Soul Train Soul Food Night

#### February 28

In celebration of Black History Month, we will have a Soul Food Buffet with all your favorites: combread, collard greens, fried chicken, stuffed pork chops, red beans & rice and more. \$11.95 Adults and \$5.95 kids 11 & under. After you've filled up on all that delicious food, dance the night away at our Soul Train XXIX Party, where our DJ will be playing all your favorite Soul Train Jams from the 70's & 80's.

#### 8-Ball Tournament

#### February 6 & 20

Prizes awarded to 1st, 2nd & 3rd place winners

#### 9- Ball Tournament

#### February 14 & 28

Prizes awarded to 1st, 2nd & 3rd place winners

# Monday

Club Alliance

Upper Deck Sports Bar: 9-Ball at 1930

# Tuesday

Club Alliance

1st Floor: Karaoke with Angle & Dave

#### Club Alliance

Upper Deck Sports Bar: 8-Ball at 1930

1st Floor: Reggae Music with DJ Earle from 2000 to 2400 Attitude Adjustment Nights: Taco Night from 1700 to 1900

Weekly Dining Events

Club Takemiya

Karaoke Night: From 1900 to 2300

#### Club Alliance

Lighthouse: Music with DJ City from 2000 to 2400 Latin Night: DJ Martha from 2000 to 2400

### CPO Club

Country Night: Enjoy all your favorite Country Music tunes in the Cove Bar.

# Friday

#### Club Takemiya

Happy Hour: From 1700 to 1900. Unwind and socialize after a hard weeks work, in a relaxing atmosphere with your friends. Free finger food is always available.

Friday Night Therapy: From 2100 to 0200. Featuring our best DJ's playing your favorite jams.

#### Club Alliance

Lighthouse: Live Music with DJ Masa from 2200 to 0200 Upper Deck Sports Bar: Live music with DJ Chie from 2100 to 0100 1st Floor: Live bands or specialty shows from 2000 to 2400

#### Club Alliance

Country Night: Enjoy all your favorite country music tunes every Thursday night.

## Brotherhood Valentine's Concert February 14 at 1930, Sharky's Microbrewery

#### Open to all hands

Celebrate this special night with us. Bring a date or just your friends. Our special brew and heavy hors d'oeuvres

Tickets available at Club Alliance Cash Cages for \$5.00.



visit us at www.cfay.navy.mil/mwr

## Club Takemiya

Saturday Night Jams! Featuring our best DJ's playing from 2100 to 0100

#### Club Alliance

Lighthouse: Dance Music with DJ Chie from 2100 to 0200 1st Floor: Dance Music with DJ Masa from 2200 to 0200

#### CPO Club

Karaoke Night: In the Cove Bar beginning at 2100. Check out our new Karaoke System. Bring your friends and have lots of fun.

Club Alliance

1st Floor: Perfect Strangers Band from 1930 to 2330

#### American Girls Club

The American Girls Club is for mothers and their daughters between the ages of 7 and 12. Each month the club will focus on one of the American Girls characters, which represent a period of American history. Activities and crafts supplement the discussions of the stories found in the book series. The club meets in the library the first Thursday of each month at 1800. Girls may come without their mothers as long as they're at least 10 years old. There is a sign up sheet for the next meeting located at the circulation desk.

#### Naval General Library Program (NGLP)

NGLP announces its purchase of e-content available through Navy Knowledge Online (www.nko.navy.mil). NGLP has purchased Morningstar Library database of stock and mutual fund information; Peterson's Educational Service of sample ASVAB and SAT tests as well as CLEP Study Guides and college and university information; Gale Expanded Academic, a database with over 2000 full text magazines and research journals; Gale's Student Resources Center of full text reference materials; Newsbank's collection of 460 US newspapers and 40 international newspapers; and Netlibrary a. collection of 6100 electronic books. Now, why should you care? These materials will help all Sailors in pursuing their educational goals as well as their personal goals. They can be used for recreational purposes as well as educational purposes (keeping up with high school sports teams for example). These resources are not limited to active duty. All active duty, retirees, DoD civilians, NAF employees and their families are authorized to use these resources. As well as being available on Navy Knowledge Online, all of the aforementioned databases are available at the Yokosuka and Negishi MWR Libraries outside of the Navy Knowledge Online portal by using a username and password to access secure Web

Stop by the library and ask for a brochure with usernames and passwords and/or help in accessing these resources.

#### Database Focus: Peterson's (www.petersons.com/navy)

Each month the library will take an in-depth look at one the aforementioned databases sponsored by the Naval General Library Program. This month we will explore the Peterson's database. Peterson's and the U.S. Navy are proud to introduce your launching point to education and career success. Whether you're heading back to school or into the workforce, Peterson's can help. The database has the following six major components:

#### 1. Online Practice Tests

These tests have been purchased by the Naval General Library Program for your use. There is no cost involved on your part. To access these tests you will be required to enter an activation key code. The activation key code is the Naval Library number of the library on your base. For Yokosuka the Naval Library number is 0107. The code will always be the upper case letters "NL" followed by 4 digits. Please note the "NL" is case sensitive and you must use upper case when entering the code. This component has the following online practice exams:

#### Armed Services Vocational Aptitude Battery (ASVAB)

The ASVAB, sponsored by the Department of Defense, is a 3-hour, multi-aptitude, multiple-choice exam battery. Your ASVAB results

provide scores for each of the individual ten subjects tested, as well as three academic composite scores; Verbal, Math, and Academic Ability; and two career exploration composite scores.

#### Scholastic Aptitude Test (SAT)

Nowadays, SAT scores can make or break your college application package. And, when you think about it, your scores are the most objective component of your application: Every student is confronted with the same set of questions and given the same amount of time to answer them.

#### College Level Examination Program (CLEP)

The Program allows people who have acquired knowledge outside the usual educational settings to show that they have learned college-level material so that they can bypass certain college courses. A satisfactory score can earn you from 3 to 12 college credits toward your degree for each CLEP exam you take. There are 2,900 colleges that grant credit and/or advanced standing for CLEP exams. Peterson's offers the following 10 online practice exams: General Exam in English Composition, General Exam in Humanities, General Exam in Mathematics, General Exam in Natural Sciences, General Exam in Social Sciences and History. Subject Exam in College Algebra, Subject Exam in American History I, Subject Exam in American History II, Subject Exam in Principles of Management and Subject Exam in American Government.

#### 2. Online Books

Choose from a variety of Peterson's most popular and effective preparation guides, fully designed to help you reach your educational goals. Whether you're preparing for college or grad school, or a new career in the military, civil service, or private industry, you need the best test-prep resources available to help you realize your goals. You have complete access to each book in its entirety.

#### 3. Educational Searches

From college to professional school, online learning programs to those only offered in a traditional classroom setting, Peterson's offers the most comprehensive and accurate educational databases available.

#### 4. Career Info

It pays to plan ahead-especially when it comes to your career. Learn how to shape your career path and make smart decisions that can get you the job you want.

#### 5. Articles

Read unique and valuable perspectives on college, grad school, testing, career planning, and more.

#### 6. Navy Related Links

Check out additional resources and make sure you still have all of the information you need to succeed with links to the Navy College Program, Chief of Naval Education, Navy E-Learning Site, and many other great sites.

## Library Closure

#### February 16

The library will be closed in observance of President's Day.

## Youth Programs

#### Youth Sports

Basketball Season and Indoor Cheerleading are going on now. Please come out and watch the games at the Thew Gym, Kinnick High School and Negishi Gym every Saturday morning.

#### **Baseball Season Registration**

#### February 1 - 29

Smart start program for 3-4 year olds. League play for 5-15 year olds. 5-8 year old co-ed t-ball and coach pitch play. Girls 9 and up play in softball leagues. Please register at your local Youth Sports

First child is \$35, second child is \$25 and the third is \$15.

#### Baseball Coaches Needed

#### Coach's Clinic March 30

Anyone interested in having some fun and teaching kids a little baseball, please contact your local Youth Sports Office.

#### Gymnastics

Gymnastics classes are available at Yokosuka and Ikego. Anyone interested may inquire at Thew Gym (243-5398) or the Ikego Sports Office (246-8017) for more details.

#### For more information about Youth Sports, please contact:

Ikego: Mike Murphy or Yahya Abdul-Qaadir at 246-8017

Negishi: Robert Santana at 242-4120 Yokosuka: Charina Dela Cruz at 241-2952

Open Recreation Programs (ORP) K - 6

# Hawaiian Dance Party

February 14 from 1800 to 2200 Looking for an opportunity to go out and the town with your sweetheart? The ORP staff is celebrating Valentine's Day - Hawaiian style. Drop your children off for an evening of Hawaiian dance lessons, Hawaiian style food, Ukule

#### Movie & Pizza Night

#### February 21 from 1700 to 2200

Looking for a night out on the town? Drop your child off with the ORP. staff at the Ikego Youth Center for an evening of fun & games. They will have the opportunity to enjoy a variety of board games, sing karaoke, try their hands at various arts & craft activities, and of course, eat pizza and watch a movie

#### Sweetheart Ball

#### February 13 from 1800 to 2000

The ORP staff is hosting a sweetheart ball at the Ikego Youth Center for children and their parents to come and enjoy the evening with food, games, and music in a relaxing and fun environment. Casual attire is preferred.

## Teen Programs Grades 7-12

Be sure to stop by any of your local teen centers and pick up a copy of our new Winter/Spring Schedule of Events. It's packed full of exciting new adventures!

#### Teen Centers Grades 7-12

Any of the three local teen centers are open for all eligible teens to come enjoy the latest video games, air hockey tables, pool tables, movies, music, special events, and more.

#### lkego

#### Ping Pong Tournament

#### February 9

Come show us your skills in our ping-pong tournament.



#### **Birthday Celebrations**

#### February 13

Celebrate all the birthdays in the month of February. We'll have food, cake, and of course, ice cream.

\$2.00

#### Valentine's Dance

#### February 14 from 1800 to 2100

Come celebrate Valentine's Day with us at the Teen Center. \$2.00

#### Negishi

Come check out your brand new teen center! We've got a new pool table, air hockey table, Playstation, X- box, computers, plasma screen television, CD jukebox, club lighting, and more! We're located by the skate park at the top of Cardiac Hill.

#### Yokosuka

#### Valentine's Card Exchange

#### February 9 - 13 from 1500 to 1700

Make your Valentine's Day complete with a Valentine's Card Exchange. Throughout the week we'll make cards and boxes, then have a card exchange on Friday.

Free

## Monopoly Tournament

#### February 21 at 1300

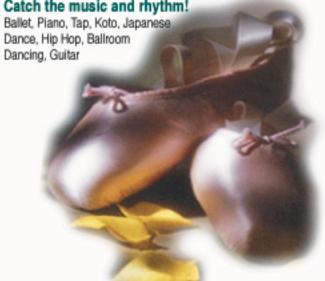
Come test your business skills as you make friends and enemies. Snacks will be provided, plus a little something extra for anyone who comes dressed as your favorite Monopoly piece.

Free

Focus \* February 2004 \* Pg.9 Focus \* February 2004 \* Pg.8 visit us at www.cfay.navy.mil/mwr visit us at www.cfay.navy.mil/mwr

\$5.00

# Catch the music and rhythm!



#### Ballroom Dancing Competition Now Going On! For details call 241-4110.

For more information, stop by the Community Center and pick up a copy of our monthly class schedule.

## Negishi Community Events & Skills Classes

#### Karate

Monday & Friday from 1700 to 1800 Tuesday from 1800 to 1930 & 1930 to 2100 Thursday (Adult) from 1930 to 2100

Tuesday - Friday from 1400 to 1900

Wednesday from 1600 to 1815

#### Street Dance

Thursday from 1500 to 1545 (Adult) & 1600 to 1700 (Basic)

#### Hip Hop

Tuesday from 1630 to 1730

#### Japanese Language

Beginner: Tuesday from 1000-1100 & Thursday from 1800-1900 Intermediate: Tuesdays from 1100 to 1200

Friday from 1030 to 1200 & 1430 to 1600

Visit or call the Negishi MWR Program Office (242-4120) to register for classes.

#### I Cannot Tell a Lie 5K Run/Walk

#### February 21 at 0830

Guess your time (and don't lie) then run or walk through the Negishi Community. The one closest to their time wins. Start point will be in front of Negishi All Hands Club.

#### Upcoming Events

#### St. Patrick's Day 5K Run/Walk

Take some luck of the Irish on your 5K Run/Walk through the Negishi

#### First Annual Arts & Craft Festival

March 13 from 1300 to 1700

#### First Annual Black History Month Celebreation February 21 from 1900 to 2100

Celebrate Black History Month with Negishi MWR in the Community Center Theater. Join us for a photo slide presentation of African American Heritage, musical selections performed by a guest choir, light refreshments and more. Attire is casual.

## **Ikego Community Activities Events & Skills Classes**

#### Ballet

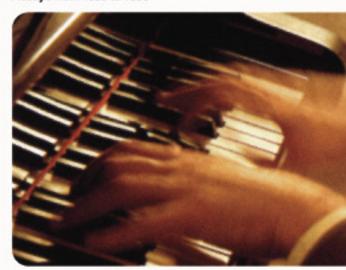
Wednesdays from 1530 to 1630 & 1800 to 1630

#### **Toddler Ballet**

Tuesdays from 1430 to 1515 & 1530 to 1615

#### Kumon

Wednesdays from 1600 to 2000 Saturdays from 0800 to 1200 Fridays from 1530 to 1900



#### Piano Lessons

Wednesdays from 1430 to 1630 Fridays from 1300 to 1930 Thursdays from 1300 to 1930 Saturdays from 1000 to 1530

#### **Gymnastics**

Ages 12 - 36 months old (parent participation is required) from 1015 to 1100

- 3 4 years old from 1115 to 1200
- 5 6 years old from 1415 to 1515
- 7 8 years old from 1520 to 1620

9 years old and up from 1630 to 1730

#### **Guitar and Violin**

Mondays from 1300 to 2000, Tuesdays from 1300 to 2000

#### Interested in learning the saxophone?

Please call 246-8071 for details.

## President's Day Fun Run

February 21 from 0900

We will meet in Club Takemiya parking lot for our monthly 5K run. Sign up no later than February 13 at the MWR Community Activities

#### Fear Factor (Food Wars) February 28 from 1300 to 1500

Do you remember being told to eat everything on your plate as a



kid? Did you hate it? Here's a chance to revisit childhood memories as we offer up some twisted culinary offerings. As with the tv show, contestants will be challenged to consume a mystery dish or two in the shortest amount of time. Prizes will be awarded to the top finishers. Bring a strong stomach and a poor sense of smell! Sign-up by February 18.

## Hobby Mart

The Hobby Mart is a craft store that has a variety of products for all your artistic needs. Available products range from Washi Paper, rubber stamps, acrylic paints, models, cross stitchery items, flowers, beads, RC cars and parts, fabric materials, an assortment of tea boxes and many more neat items.

### Special Bargain

50% off on all train sets accessories, leather goods, iron-on transfers, frames and more.

#### Tea Box Covering

#### February 7 from 1330 to 1530

Learn how to cover the traditional Japanese tea box with fabric. The class will cover special preparations needed to cover a tea box using a valentine theme and the specific materials needed.

#### Free

#### Fabric Balls

#### February 14 from 1330 to 1530

While in Japan why not learn to make something distinctly Japanese? Come and see a demonstration on the making of wooden balls covered with fabric, it is a great gift for family or friends.

#### Free

#### Constellation Viewer

#### February 28 from 1330 to 1530

Learn how to create this wonderful constellation viewer from simple household items. You can create different constellations on the ceiling of your room. Come out and join us!

#### Free

## Auto Hobby Shop

#### Oil Change Clinic

#### February 7 from 1000 to 1030

The Auto Hobby Shop will be conducting an oil change clinic for spouses and students with driver licenses. Following the oil change clinic there will be free shop usage for anyone completing the class from 1030 to 2200 on the same day. Participants must bring their own oil and oil filter, which can be purchased at the Navy Exchange

#### Valentine's Day Special

#### February 14

We will offer free usage for any couple that comes in to the shop. So grab your special someone and come on down.

The Auto Hobby Shop now has a Junking and Towing service, call 243-5456 for details.

# Wood Hobby Shop

#### Classic Coffee Table

#### February 16, 17, 18, 19, 20, 23, 25 & 27

This month the Wood Hobby Shop will be building a classic coffee table with an optional table-lift. This table is an intermediate project for first-time users and should be a good way to build your skills. while providing you with an excellent coffee table. This is one project you should not miss! Must have a minimum of ten students to hold

Class fee is \$30 (includes 30 days free shop usage). Project cost is between \$50 and \$250, depending on wood type and optional table-lift.

#### Lathe-Turning

#### February 20

The Wood Hobby Shop will conduct a lathe turning class for all first time lathe turners. This is a one-day class and will give the basics on how to use the lathe and all the associated tools. Must have a minimum of ten students to conduct this class.

\$20.00, includes class fee and materials

# **Bowling Center**



Spend Valentine's Day with your significant other battling couples in this "couples only" no-tap tournament. Great prizes and great fun! Contact the Bowling Center to register or for more information.

\$15.00 per couple

### February Tours

#### February 1

Chinese New Year at Yokohama China Town

\$10A/\$5C

Takasaki Kannon, Usaburo Kokeshi Doll Factory and Shinto Winery

\$30A/\$15C

#### February 7

Fuji Area Winter Sightseeing

\$24A/\$12C

Noritake China Factory, China Pete's & Camp Zama Shopping

\$16A/\$8C

#### February 8

Yunessun Hot Spring and Hakone-en Aquarium \$50A/\$25C

#### February 14

Valentine's Day Special Kirin Yokohama Beer Factory and Yokohama Bay Royal Wing Dinner Cruise \$70A/\$35C

#### February 14 - 15

Universal Studios Japan and Kaiyukan Aquarium (Overnight) Sgl \$245A, Twn \$230A/\$205J/\$180C, Trl \$215A/\$190J/\$160C

#### February 15

Sledding and Skating at Nihonland Amusement Park \$45A/\$30C

#### February 16

Tokyo DisneySea/Disneyland Amusement Parks

\$10A/\$5C (transportation only):

#### February 21

Tokamachi Snow Festival in Niigata \$36A/\$18C

#### February 22

Tokyo Sightseeing \$27A/\$23J/\$13C

Sankei-en Garden, China Town and Kanagawa Prefectural History Mi

\$18A/\$12J/\$6C

#### February 28

Yunessun Hot spring and Hakone-Zaiku Marquetry Making

Soba Making and Shirayuri Winery \$36A/\$26C

#### February 29

Togo Shrine Sale, Harajuku District and Helwajima Antique Fair \$12A/\$6C

#### March Tours

#### March 6

Noritake China Factory, China Pete's and Camp Zama

\$16A/\$8C

Sledding in Snowtown Yeti

\$25A/\$14C

Tokyo DisneySea Amusement Park

\$10A/\$5C (transportation only)

#### March 7

Hakone Sightseeing with Open-Air Museum

\$35A/\$27C/\$12I

Joren Waterfall and Nanadaru Open-Air Hot Spring with Seven Waterfalls \$38A/\$19C

#### March 13

Tokyo Disneyland Amusement Park \$10A/\$5C (transportation only)

#### March 14 - 15

Nagoya Fertility Festival, Mikimoto Pearl Island and Nagoya Castle (Overnight) Sgl \$204A Twn & Trl \$193A (Adults only)

#### March 14

Yokota Shopping

\$14A/\$7C

#### March 15

Nagoya Fertility Festival \$32 Adults only

#### March 20

Fuji Area Winter Sightseeing

\$24A/\$12C

Chiba Mother Farm and Strawberry Picking \$40A/\$26C

#### March 21

New Sanno Sunday Brunch and Odaiba **Entertainment and Shopping District** 

#### \$34A/\$17C

Tokyo Sightseeing

\$27A/\$23J/\$13C

Yunessun Hot Spring

\$36A/\$18C

#### March 27

Fuji Area Winter Sightseeing

\$24A/\$12C

Kamogawa Sea World in Chiba

\$44A/\$22C

#### March 28

Nishi Izu Marine Cave Cruise, Toi Gold Mine and Orchid Village \$50A/\$45J/\$20C

Glass Blowing and Kubota Ichiku Kimono Museum \$65A/\$40C

# Single Sailor "Liberty" Program

#### Tours

#### Yunessun Hot Spring

February 14 from 0630 to 2000

We will take you to the picturesque city of Hakone. Lying at the foot of Mt. Fuji, Hakone covers an area of spectacular beauty forming the Fuji-Hakone National Park. Yunessun is located in the park, and has 21 different kinds of Japanese baths, saunas, indoor hot spring pools, and massage rooms. Take a break from your daily grind and let us help you have a relaxing time in Hakone. Bathing suits are

\$35.00 per person includes transportation and admission fees

#### Single Sailor Ski/Snowboard Tours 2004

Jyoetsu Kokusai One-day Tour February 28

#### Naeba One-day Tour

March 6

Sign up by March 2

### Maiko Korakuen One-day Tour

March 13

Sign up by March 9

\$60.00 per person includes transportation and lift tickets.

(Ski gear is not included in the price.)

#### Note...

- \*The Liberty Program is for active duty single sallors/geographical bachelor members only.
- \*All tours are run on a first come first served basis. No phone call reservations are accepted.
- \*Tour tickets are non-transferable.
- \*All times are approximate due to traffic.

# Single Sailor "Liberty" Program Enjoy the beautiful Ice Festival in Sapporo! Experience Japanese culture in the beautiful snow city of Sapporo. The annual Snow Festival consists of a contest of ice sculptures created by artists from around the world... Call 243-5613 for more information. February 6-8, 2004



## Celebrate Black History Month!

#### Allen Iverson Basketball Shooting Contest

February 4 at 1900 in the Fleet Rec Gym Sign-up at the Spectrum Center only!

### **Tupac Shakur Poetry Night Contest**

February 11 at 1900 in the Spectrum Center

#### Night at the Apollo!

February 18 at 1900 in the Spectrum Center

#### Black Movie Film Festival

#### February 25

Movies running from open till close. Food will be served starting at

For more details or to sign up for any event, visit SPECTRUM.



# lyogatake & Tomisan, Chiba Prefecture

#### (Beginner/Intermediate) February 8 from 0545 to 1800

We'll hike two mountains on the Boso Peninsula, on the opposite side of Tokyo Bay from Yokosuka. We'll start by hiking lyogatake, which has a great view from its twin needle peaks. After lunch, we move to Tomisan, which also has twin peaks but only provides a view from the north one. If the weather is clear, we will see Miura Peninsula (where Yokosuka is), Izu Peninsula, and Mt. Fuji over the water. Total hiking time is approximately 5 hours.

\$30.00 per person

#### Kinuhariyama, Zushi-Kamakura, Kanagawa Prefecture (Beginner)

#### February 29 from 0845 to 1500

We will start our hike near Nagoe Kiridoshi, which used to be one of the important entrances for the ancient capital, Kamakura, about 800 years ago. We'll take the ridge trail to the Kinuhariyama, for a spectacular view of Kamakura City, Sagami Bay, and Mt. Fuji. There, we will explore the cave where stone was cut for the building of temples. After lunch, we'll hike down and visit Houkokuji (Bamboo) Temple. Then we'll hike back towards Zushi and finish the hike at the legendary temple, Hoshoji.

\$15.00 per person

Overnight Hike

#### Izu Ooshima Island, Tokyo Prefecture (Beginner) February 14 – 15 from 0700 (14th) to 1800 (15th)

Ooshima is an inhabited island off Izu, it's the biggest of Izu's seven islands. Day 1, we will hike up the volcano, which last erupted only 17 years ago! You will feel as if you are on the moon as you walk through the volcanic desert. Day 2, we will walk along the coast enjoying the beautiful view of the ocean. The trip includes boat fare and lodging with 3 meals. Ooshima's Tsubaki Matsuri (Camiela

\$160.00 per person

Rock Climbing

#### Jogasaki Sea Shore, Izu Peninsula, Shizuoka Prefecture (Beginner, 5.7 to 5.10)

#### February 22 from 0445 to 1900

Festival) is on during this time.

Jogasaki, on the east side of Izu peninsula, is known for its mild temperatures even in the middle of winter, and is a very popular spot with free climbers. Enjoy climbing the beautiful cliffs while taking in the spectacular view of the ocean. This volcanic rock provides a different style of rock climbing.

\$40.00 per person

#### Takatori-yama, Oppama (5.6 to 5.10) March 7 from 0845 to 1800

Want to try climbing, but don't want the long drive? Let ORC teach you! Experienced guides will take you to Takatori-yama, which is only 30 minutes from Yokosuka. The faces you will climb are perfect for any skill level, from beginners to advanced climbers. The ORC will teach you basic rock climbing skills and you may get a chance to try rappelling.

\$20.00 per person



One-Day Ski Trips

## Maiko Korakuen - Shiozawa, Niigata Prefecture

#### February 7 from 0245 to 2345

This local resort offers wonderful powder and a fun snowboard park for the family. Powder hounds can find powder amongst the trees. This resort is the other (north) side of Iwappara.

\$40.00 per person (transportation only) \$55.00 per person (transportation and ski or snowboard set) (¥4,200 lift ticket not included)

## Naeba - Yuzawa, Niigata Prefecture

#### February 14 from 0245 to 2300

Naeba is a large, very famous resort with great snow, a huge variety of courses and an efficient lift system, complete with 2 gondolas and 9 high speed quads that service 28 courses. Snowboarders are allowed on all courses. The "Asagai" area of the resort is especially popular with boarders and home to a half pipe, quarter pipe, straight jump and more.

\$40.00 per person (transportation only) \$55.00 per person (transportation and ski or snowboard set) (¥5,000 lift ticket not included)

## Kandatsu - Yuzawa, Niigata Prefecture

#### February 21 from 0245 to 2300

This popular, "cool" resort is best suited to challenge the mogul lovers. The resort offers a good selection of runs for all but beginners, who might feel confined to the one main straight slope down to the bottom of the hill. There are some tough runs at Kandatsu, with the main ones being the "Super Orion", a 45-degree slope with large moguls. Snowboarders are allowed on all slopes with "Castol" being the most popular choice.

\$40.00 per person (transportation only) \$55.00 per person (transportation and ski or snowboard set) (¥4,600 lift ticket not included)

#### Ishiuchi Maruyama – Shiozawa, Niigata Prefecture February 28 from 0245 to 2300

With 31 courses and 33 lifts, this is a large resort. Add an extra ¥500 to the lift ticket price to gain access to GALA Yuzawa and Yuzawa Kogen. Hot mogul runs for the "mogul-hounds" are "Mogul Run" and "Giant". Snowboarding is allowed on all slopes, with facilities and snowboard parks in various locations around the

\$40.00 per person (transportation only) \$55.00 per person (transportation and ski or snowboard set) (¥4,200 lift ticket not included)

#### Hakuba Goryu & 47 – Hakuba, Nagano Prefecture March 6 from 0145 to 2345

Looking for value? Get two good all around resorts for the price of one! Hakuba Goryu offers 926m of vertical drop with 16 courses serviced by 13 lifts, while Hakuba 47 offers 800m of vertical drop with seven courses serviced by six lifts. Each has a snowboard park with half pipe, quarter pipe, table-top, and wave.

\$40.00 per person (transportation only) \$55.00 per person (transportation and ski or snowboard set) (¥4,500 lift ticket not included)

Overnight Ski Trips

#### Happo-one - Nagano Prefecture

#### February 15 - 16 from 0245 to 2345

Happo-one was the main venue during the Nagano Olympics, and has a large variety of courses to choose from. All facilities are world class. The view from the top is amazing and a must see for all visitors. Trip includes transportation, 2-day lift ticket, dinner & breakfast, lodging (2 per western style room). Skis and snowboards available upon sign-up at the Outdoor Recreation Center.

\$200.00 per adult (12yrs & older) or \$230.00 per adult (includes ski or snowboard rental package)

\$174.00 per child (up to 11 yrs old) or \$187.00 per child (includes ski or snowboard rental package)

#### Naeba, Yuzawa, Niigata Prefecture

#### March 13 - 14 from 0345 to 2300

Naeba is a skier's and snowboarder's paradise, with great snow and long runs. Try Tashiro's powder snow using Dra-Gondola (5.5km), one of the longest gondolas in the world. Walk out of the Prince Hotel and ski, its that simple with the lifts and gondola right outside the hotel. Night skiing is available, as well as a large and delicious variety of restaurants for dinner. A perfect skiing weekend! Trip includes transportation, 2-day lift ticket, dinner & breakfast, lodging (2 per western style room). Ski and snowboard rental not included, but available at the Outdoor Recreation Center. Sign-up deadline is February 27.

\$184.00 per adult (12yrs & older) or \$214.00 per adult (includes ski or snowboard rental package) \$142.00 per child (up to 11 yrs old) or \$155.00 per child (includes ski or snowboard rental package)

LOOKING FOR INFORMATION? Are you looking for places to go biking, camping, hiking, skiing, or surfing? Then stop by the Outdoor Recreation Center and we will provide you with information on areas to see and things to do while enjoying the outdoors. We have information on areas in Izu Peninsula, Hakone, Sagami Bay, Boso Peninsula, Fuji Five Lakes, Tanzawa-Oyama Quasi-National Park, Meljinomori-Takao Quasi-National Park, and southern part of Chichibu-Tama National Park.

#### Outdoor Gear Issue

#### **February Special**

Be my Valentine at Outdoor Gear Issue! From February 12 – 17, every couple that comes in will receive half price rentals on ski and snowboard clothing! So Mom, bring in Dad, or guys bring in that special gal, and you can rent your ski clothing for half price.

#### Starting in February

Every month, the Outdoor Recreation Center/Outdoor Gear Issue will have door prize drawings! Every customer that comes through the door gets a chance at the prize of the month! No purchase or rental required. Prizes will be either an outdoor recreational style item, or a gift certificate for use at the Outdoor Recreation Center.

#### Rental Equipment

Includes snowboards, skis, jackets and pants, backpacks, daypacks, sleeping bags, tents, tarps, stoves and other accessories. Come in today to check out our low rental rates!



## Bicycle Maintenance and Repair Services

The Outdoor Recreation Center has all the tools needed to take care of your major or minor bicycle repair problems. Come in and get a free estimate to get your bicycle repaired from our Certified Bicycle Technician.

#### Winter Mini Aerobathon

February 7 at 0900 in the Fleet Recreation Building (5th floor) Open to anyone ages 18 and up.

Free

#### Be My Valentine 3K Run

#### February 13 at 1130 at Thew Gym

Open to anyone ages 5 and up. This event is free, however, for those who want a t-shirt the cost is \$5.00 and you must sign-up by January 30. Refreshments and certificates will be given at the end of the race. Please sign up at Thew Gym, for more information please call the Wellness Center at 241-4486.

## Black History Month 5K

#### February 25 at 1130 at Thew Gym

Open to anyone ages 5 and up. This event is free, however, for those who want a t-shirt the cost is \$5.00 and you must sign-up by February 11. Refreshments and certificates will be given at the end of the race. Please sign up a Thew Gym, for more information please call the Wellness Center at 241-4486.

#### **Negishi Family Aerobic Event**

#### February 27 at 1700

The event will be at Negishi Gym, however, you need to sign up at Negishi Fitness Center. The cost is \$1.00 per person. All activities are designed for ages 5 and up. To receive a t-shirt you must sign up by February 13. There will be door prizes raffled (one ticket per family) and food for all who show up. To sign up, call Negishi Fitness at 242-4124. For more information please call the Wellness Center at 241-4486.

## Adult Sports



#### Varsity Men's & Women's Soccer

Tryouts are Saturday, February 14 at 1000. Play Begins March 6 on Thew Gym's Main Soccer Field. Games are played every Saturday or Sunday from March – June.

#### Intramural Over 35 Basketball League

Play begins February 17 at 1730 in Thew Gym Register by February 11 at 1730 in the Thew Gym Office.

#### Captain's Cup Men's & Women's 5K Run

February 27 at 1130 at Thew Gym Register by February 27 at 1100

Runners meeting will be February 27 at 1115 in the Thew Gym Sports Office. Divisions are 18 – 34, Open and 35+ Senior.

## International Programs

# Oalentine's Day Special Program

February 13 from 0800 to 1500

The International Office will translate your English Valentine's card to Japanese for active duty members who have a Japanese girl friend or boy friend. Free

#### President's Day International Boat Fishing Tourney February 16

0515 Muster all fishermen in front of Fleet Recreation Center

0530 MWR bus/van departs

0600 Underway

0700 Tournament begins

1200 Tournament concludes

1300 Award ceremony / Depart to Yokosuka

\*Tournament may extend until 1500 depending on the fishing results

## Earth Day Part 20 (Off & On base)

#### February 8

900 Muster all base volunteers in front of Fleet Recreation Center

0915 MWR bus departs to Yokosuka Chuo by the Tokyo Gas Co.

0930 Muster all JN and U.S. volunteers in front of Tokyo Gas Co.

0945 Start cleaning by 4 different groups

A Group Chuo Street 1

B Group Chuo Street 2

C Group Sennichi Street

D Group Kouen Street

1100 Dump all off base trash at the designated area before entering Mikasa Park Gate

1115 Start cleaning on base from McDonald's area to Berkey Field

1200 International appreciation BBQ and award ceremony behind Thew Gym

1300 MWR bus departs to Fleet Recreation Center

## Skateland

#### Valentine's Day Skate

February 14 from 1000 to 1900

First 50 paid admissions wearing red will get free candy!

#### President's Day "No School" Skates

February 16 from 1000 to 1900

Roller skate rental is free for all kids!

## Green Bay Marina

#### **Boat Rentals**

Type of Boat	Hourly Rate	3-Hr Rate	Daily Max	Capacity
Rowboat	\$3	\$8	\$21	2
Kayak	\$5	\$5	\$5	1
JY-15'	\$5	\$14	\$37	2
Capri 16.5'	\$6	\$17	\$45	4
Sm. Motorboat	\$7	\$20	\$44	4
Lg. Motorboat	\$15	\$40	\$75	6
Catalina 22'	\$10	\$27	\$61	6

#### Chartroom Rental (above McDonald's)

The Chartroom is available for rental for official functions only. Some restrictions apply.

\$100.00 rental fee + \$100.00 cleaning deposit

## Aquatics

### Seaside Pool Operating Hours

4	Monday through Friday			
	Early Lap Swimming Command Reservation Lunch Lap Swim Recreational Swim Seahawks Swim Practice	0530 to 0730 0730 to 1100 1100 to 1300 1300 to 1500 1500 to 1700		
	Tuesday and Thursday			
	Aqua Aerobics	1300 to 1400		
1	Monday, Tuesday, Thursday and Friday			
	Lap Swim	1700 to 1900		
Ì	Wednesday			
	Lap Swim Master's Swim Team	1700 to 1800 1800 to 1900		
4	Saturday			
	Recreational Swim Swim Lessons	1200 to 1900 0900 to 1200		
	Sunday			

#### Be My Valentine Pool Party

Recreational Swim

Join us at Seaside Pool for a Valentine's Day Pool Party from 1200 to 1700. Enjoy games, food and family fun.

1100 to 1900

#### Year Round Swim Lessons

MWR Aquatics offers year-round swim lessons on Saturday mornings at Seaside Pool. The lessons are taught by certified American Red Cross instructors, and are offered for all ability and age levels. The next session begins February 14. Sign up at Thew Gym starting February 9. For more information, call 243-6410. \$30.00 per person

#### Freezing the Bering Straight

Swim the distance of the Bering Straight, from Alaska to Russia. The Bering Straight is actually 130 miles long, but participants will be awarded 5 miles for every mile they swim. Therefore, swimmers will actually swim 26 miles to complete the challenge. There will be prizes awarded to participants who finish. Sign up at Seaside Pool. Ends February 29

#### **Pool Information Hotline**

Get up-to-date information on upcoming programs, pool hours, and pool closures 24 hours a day 7 days a week by calling 243-5229.

#### Entertainment



#### Japan Jams Comedians

February 26 at 1900, Sharky's All Hands Brewery

Featuring Al Toomer and Yoursie. May contain language that some may find offensive.

## African-American Heritage Month Concert featuring ISYSS

#### February 21 at 1900 in the Fleet Theater

This urban vocal quartet is forged from the same musical mould as En Vogue, TLC and Destiny's Child. The group, whose name is an abbreviation for Intelligent Sexy Young Soul Sisters, was formed by Quierra Davis-Martin, LeTiecia Harrison, La'Myia Good and Ardena Clark, all of whom were still in their teens at the time of their debut album's 2002 release. Isyss' debut, The Way We Do It, boasted production credits by Kevin "She'kspeare" Briggs, Tyrice Jones (Ruff Riders) and even Moss himself, among others. The album's lead-off single, "Day and Night" featured rapper Jadakiss and received plenty of airplay on US radio immediately upon its release.

## 2004 Athletics Calendar

The 2004 Athletics Calendar is now available. Visit your nearest MWR Athletics facility and pick up a copy!

Focus \* February 2004 \* Pg.16 visit us at www.cfay.navy.mil/mwr visit us at www.cfay.navy.mil/mwr Focus \* February 2004 \* Pg.17

Ikego CDC

Monday to Friday 1100 to 1330 Saturday & Holidays CLOSED

Monday to Saturday 1700 to 2100

Sunday and Holidays 1700 to 2000

Monday to Saturday 1100 to 1330

Sunday and Holidays CLOSED

Warehouse Dining Room

Monday to Friday

Closed for the season

Ikego School

Age Care

246-8060

246-8017

Wednesday to Sunday 0800 to 1700

0600 to 1800

## Main Child Development Center

Parent Advisory Board Meeting (Chapel of Hope) February 10 at 1500

Saturday Special Opening February 14 from 1700 to 2400

Ikego CDC

Valentines Day Luncheon February 13 from 1100 to 1200

Saturday Special Opening February 28 from 1700 to 2400

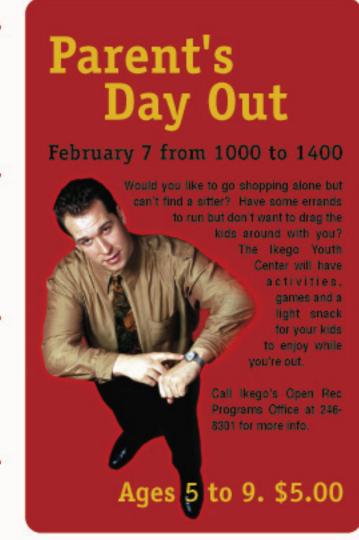
Negishi CDC

Valentine Lunch February 13 at 1100

Saturday Special Opening February 21 from 1800 to 2400

Hourly CDC

Black History Month Celebration February 13 from 1430 to 1530





#### Yokosuka Facilities Auto Hobby Shop 243-5456 Monday to Saturday Sunday Aquatics Hotline **BOQ Pool** Closed for the seaso Green Beach Pool Closed for the seaso Officers' Club Pool Closed for the seaso Seaside Pool Monday to Friday **Bowling Center** Sunday to Thursday Friday & Saturday Child Developmen **CD Homes** Monday to Friday Main CDC Monday to Friday Hourly CDC Monday to Friday Community Center Monday to Friday Saturday Sunday & Holidays Entertainment Offi Monday to Friday Monday to Sunday Fleet Gym Office Monday to Friday Green Bay Marina Friday to Monday Hobby Mart Monday to Sunday **Programs Office** Monday to Friday Monday to Friday Saturday Monday to Friday Saturday & Sunday Holidays Benny Decker & Flo Movie Hotline **Outdoor Rec Cente** Saturday to Wednesd Thursday to Friday School Age Care Monday to Friday Single Sallor Monday to Friday Spectrum Lounge Monday to Sunday

Monday to Sunday

Monday to Thursday

Teen Center

	243-5229	Monday to Friday	0900 10 1500
	243-6830	Wood Hobby Shop	243-9064
on	240 0000	Monday to Thursday	0930 to 2100
-	243-6410	Friday	1700 to 2100
on	240 0410	Saturday, Sunday	
l on	243-5941	& Holidays	0900 to 1730
-	243-5620	Veterinary Clinic	243-6820
	0530 to 1900	Monday to Friday	0800 to 1600
		Tuesday & Thursday	
	243-4200/5158	(surgery)	0730 to 1600
1	0900 to 2300		
	0900 to 0100	Clube & Distri	2-22-7
t C	enters	Clubs & Dinir	ng
	243-5478		
	0700 to 1700	Club Alliance	243-5951
	243-3219	Sharky's Beverage C	
	0615 to 1800	Sunday to Thursday	1500 to 0030
	241-4101	Friday, Saturday &	
	0700 to 1700	Day before a Holiday	1500 to 0230
		Sharky's BBQ	
1	241-4110	Monday to Saturday	1600 to 2200
	0800 to 2000	Sunday	CLOSED
	0900 to 1600	2nd Floor Cashier Ca	ge
	CLOSED	Sunday to Thursday	1100 to 2400
ce	243-5215	Friday, Saturday &	
7	0730 to 1630	Day before a Holiday	1100 to 0130
		Italian Gardens	
		Lunch	
	24 hours	Monday to Saturday	1100 to 1400
	243-5304	Dinner	
	0700 to 1600	Monday to Sunday	1700 to 2100
	243-4155	The Café	
	0800 to 1700	Sunday to Thursday	1100 to 2400
	0000 10 1700	Friday, Saturday &	
	243-5040	Day before a Holiday	1100 to 0130
	0900 to 1700	Upper Deck Sports B	
		Sunday to Thursday	1100 to 0030
		Friday, Saturday &	
	243-4731	Day before a Holiday	1100 to 0230
	0700 to 1600	Lighthouse Lounge	
	243-5613/7257	Friday to Saturday	2000 to 0100
	0900 to 1800	CPO Club	243-5506
	0900 to 1300	Dining Room	240 0000
		Monday to Friday	
	243-5574	Lunch	1100 to 1330
	0830 to 2030	Dinner	1700 to 1300
	1130 to 2030	Saturday, Sunday & H	
	0830 to 1730	Lunch	1000 to 1330
	Theotore	Dinner	1700 to 2100
ee	t Theaters	Cruise Inn	1100102100
	243-6703	Monday to Friday	0600 to 1400
er	243-5732	Cove Bar	0000 10 1400
	0900 to 1800	Monday to Thursday	1100 to 2400
,	1000 to 1900	Friday	1100 to 0100
		Saturday	1000 to 0030
	243-5492	Sunday	1000 to 2400
	0615 to 1800	ounday	1000 10 2400
		MWR Food Court	243-3245
	049 7004	Mean Gene's Burgers	3
	243-7284 0730 to 1630	Breakfast	0600 to 1000
	0730 10 1030	Regular Menu	1000 to 2200
	243-7346	Smash Hit Subs	
	0730 to 2400	Monday to Sunday	1000 to 0530
	ere earlie	Hot Stuff Pizza/Cinna	
	243-7539	Monday to Friday	1100 to 2100
	1200 to 2100	Officers' Club	243-5030
	243-5542	Kosano Dining Room	
v	1400 to 2000	Sunday Brunch	0900 to 1330
		Canaly Didnoi	2000 10 1000

1400 to 2200

1200 to 2200

0530 to 2200

0900 to 1500

243-5398

Thew Gym

Monday to Sunday

Monday to Friday

1000 to 2200

243-6410

1000 to 1800

uny	1700 to 2100	Dinner	CLOSED	Monday to Friday	0600 to 1800
y		Monday to Saturday	1700 to 2100		
	0900 to 1730	Sunday and Holidays Le Flaire Café		Ikego Teen Center Monday to Friday	246-8301 1800 to 2100
0	243-6820	Monday to Friday	0630 to 1630	Saturday	1200 to 2200
1	0800 to 1600	Saturday	0830 to1630		
day		Sunday & Holidays	CLOSED		
	0730 to 1600	Le Flaire Bar	OLOGED	Negishi Fo	cilities
		Monday to Saturday	1630 to 2300	146Gisiii 1 C	Cillies
		Sunday & Holiday	CLOSED		
inir	ng	Kurofune Lounge	OLOGEO	Negishi MWR Office	242-4120
		Monday to Thursday	1500 to 2300	Monday to Friday	0900 to 1700
	243-5951	Friday & Saturday	1300 to 0100	Saturday	0900 to 1200
na C	ompany	Sunday & Holidays	1300 to 2300		
day	1500 to 0030	Deli and Bakery	1300 10 2300	Negishi	
any &	1300 10 0030	Monday to Thursday	0900 to 1900	Bowling Center	242-4123
iday	1500 to 0230		0900 to 2100	Tuesday to Thursday	1500 to 2100
Rudy	1300 10 0230	Friday & Saturday	1000 to 2000	Friday	1500 to 2200
day	1600 to 2200	Sunday		Saturday	1200 to 2200
uay	CLOSED	Holidays	1000 to 1900	Sunday & Holidays	1200 to 2000
ier Ca		Game Rooms (Main Si	0630 to 2300		
		Monday to Friday	U63U to 23UU	Negishi CDC	242-4316
day	1100 to 2400	Saturday, Sunday	0000 1- 0000	Monday to Friday	0600 to 1800
&	44.00 to 04.00	& Holidays	0900 to 2300		
iday	1100 to 0130	Game Room (Warehou	*	Negishi Club	242-4151
		Monday to Saturday	1100 to 2300	Monday to Thursday	1100 to 2300
		Sunday and Holiday	CLOSED	Friday	1100 to 0200
urday	1100 to 1400	Cashier (Main Side)		Saturday	0900 to 0200
		Monday to Friday	0830 to 2300	Sunday & Holidays	0900 to 2200
day	1700 to 2100	Saturday,		Dining Room	0000 10 2200
V-S		Sunday & Holidays	0900 to 2300	Monday to Thursday	
day	1100 to 2400	Seaside Club	243-3379/5625	Lunch	1100 to 1400
&		Dining Room			
iday	1100 to 0130	Monday to Saturday		Dinner	1700 to 2000
orts B		Breakfast	0600 to 1000	Friday	*****
day	1100 to 0030	Lunch	1100 to 1500	Lunch	1100 to 1400
å		Dinner	1700 to 2100	Dinner	1700 to 2100
iday	1100 to 0230	Sunday		Saturday	
nge		Breaklast	0600 to 0890	Breakfast	0900 to 1100
ıy	2000 to 0100	Brunch	0930 to 1400	Lunch	1100 to 1600
	243-5506	Dinner	1700 to 2100	Dinner	1700 to 2100
	243-0000	Barnacle Bill's Lounge	,	Sunday	
		Sunday to Thursday	1100 to 2300	Breakfast	0900 to 1100
r	4400 4000	Friday & Saturday	1100 to 2400	Brunch	0900 to 1400
	1100 to 1330	Deli		Lunch	1100 to 1600
	1700 to 2100	Sunday to Thursday	0600 to 2100	Dinner	1600 to 2000
у а. п	olidays	Friday & Saturday	0600 to 2200	Lounge	
	1000 to 1330	,		Monday to Thursday	1100 to 2230
	1700 to 2100			Friday & Saturday	1100 to 0130
	0000 to 4400	and the second	District Co.	Sunday & Holidays	1100 to 2130
1	0600 to 1400	Ikego Faci	lities	durady a richalys	1100 10 2130
dans	1100 1- 0100	0		Negishi	
day	1100 to 2400	The second name of the second	0.40.0074	Fitness Center	040 4104
	1100 to 0100	Ikego MWR Office	246-8071		242-4124
	1000 to 0030	Monday to Friday	1000 to 1830	Monday to Sunday	0400 to 2200
	1000 to 2400	Otto Tabanda		Negishi Pool	040 4044
rt	243-3245	Club Takemiya	246-8075/8077		242-4844
irgers		Dining Room		Closed for the season	
angene	0600 to 1000	Monday to Saturday	1100 to 1330	Manishi Cahaal	
	1000 to 2200		1700 to 2100	Negishi School	010 1101
	1000 10 2200	Sunday	1000 to 1330	Age Care	242-4131
	1000 to 0500		1700 to 2100	Monday to Friday	0600 to 1800
By Clinno	1000 to 0530 mon St.	Lounge	221212310122	Hanishi Tean Control	040 4404
,	1100 to 2100	Monday to Thursday	1600 to 2300	Negishi Teen Center	242-4121
	1100 10 2100	Friday & Saturday	1600 to 0200	Monday, Tuesday	4000 4 2000
	243-5030	Sunday	1600 to 2200	& Thursday	1600 to 2000
Room	1	Delivery Service to II		Friday	1600 to 2200
	0900 to 1330	Monday to Saturday	1700 to 2030	Saturday	1200 to 2200

